

Experiences Related to Meditation & Spiritual Growth

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

Probably the best thing for me about your *Gateway Experience* (Wave I) course has been my new ability to meditate, to relax, to calm down. I hadn't been able to meditate properly before, though I had been trying for a long time.

I have listened to *Metamusic* as a deliberate meditative aid, or just as background to relax with. Each time, it has brought out a strong emotional response, often to the point of tears streaming down my face, either over something specific which had been brought into the conscious mind, or for no obvious reason. My state of mind prior to each listening was not particularly emotional. Often, I was anticipating no value other than relaxing background music. Sometimes I spent the first quarter of the tape restlessly thinking that I should get up and do something else—only to succumb the next minute to profound absorption in the tape.

I have found a quantum leap in my meditations since using your tapes. As far as inducing the bliss state, your nonverbal tapes are fantastic in that regard.

A long-time meditator reported, "When I play *Metamusic*, not only do I achieve a meditative state much more quickly, but I feel as if my meditation is more profound than it is when I don't have this soft, unobtrusive yet supportive background. Without *Hemi-Sync* it generally takes me about seven minutes to get into a meditative state. *Hemi-Sync* it takes about two minutes for me to get markedly deeper than I otherwise go."

Listening to musical *Hemi-Sync* tapes makes it very easy for me to experience altered states of consciousness separate from my physical body.

Lama Saddhatissa wrote, "Our weekly meditation group, which focuses on transforming the mind, played *Transformation* as background for the first time last night. The beautifully expansive and awakening energy it generated was amazing. Instead of remaining for the usual hour or so, people didn't want to go home."

After listening to *Gateway Experience* (Wave1), my meditation is much stronger and deeper than before. The tapes have been wonderful, and I'll be using them for much more than meditation.

“These tapes/CDs (*Gateway Experience*) represent a splendid tool for hiking the spiritual path. If you’re serious about going for the OOB, these tapes/CDs are the ones to use for repeated practice.” –Steve Graf, Ph.D., Professor of Psychology

I cannot tell you what it means to me to be able to go inside with the cassettes and slowly find my way; to ask my Higher Power for direction and help and find it through inner guidance.

When I ordered the *Gateway Experience* program, I had high hopes of increasing my psychic development and overcoming fear blocks about astral travel. I never dreamed that within a month of beginning the series and using the CDs every day, I would not only astral travel without fear, but would increase my clairsentience and clairvoyance triple fold. Since I use the senses every day in my work, this has been a priceless investment, and an invaluable opportunity to boost my spiritual level as well.

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